

REFERENCES & RESOURCES

PRAIIEWISE Herbal School

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WWW.PRAIIEWISE.COM
OR EMAIL PRAIIEWISE@
PLANETKC.COM

*AN Herbal EXPERIENCE IN
THE HEARTLAND*

Herbal Healing FOR WOMEN by
ROSEMARY GLADSTAR
THE BOOK OF Herbal Wisdom
by MATTHEW WOOD
DK PRESS HUMAN BODY BOOK
B.K.S. IYENGAR YOGA BOOK

NEXT ISSUE:

- SIX STEPS OF HEALING
- NUTRITION: VITAMINS,
MINERALS, FAT, AND PROTEIN
- VEGETARIAN/VEGAN
MYTHS
- MEDITATION

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★ Introduction ★

• BURDOCK • This Zine's Focus is on Healing AND Empowerment; Reclaiming And transforming The ways we nourish and heal ourselves and loved ones. Through The use of curatives such as Herbal Remedies, Yoga, Meditation, Art, Exercise, Sex, Community, And whatever else we can live Full And Vibrant lives. • BURDOCK • is inspired by The healing power of NURTURE AND LOVE.

Burdock (Arctium lappa) is a plant that grows wild AND FREE all over the world. She has been Revered For her deep transformative healing. On my herbal journey I've come to be close allies with Burdock (more on this later...). She Reminds us to Slow down, Listen, And Trust in our abilities to "Search for And Find Nourishment for The deepest Parts of ourselves, And to offer deep healing to others." (Gail Faim Edwards) Her stories are ancient And she speaks to our cells. I truly adore this plant And the wild gifts she offers me. In Return, I hope that those who read this zine gain some tools to carry with them And are Nourished by The wild gifts unfolding ~~~~~
D: Conjured by Erika Lawrence, KS Nov. 2003

★ Long Life Soup ★★ from Karla Wheeler ★

- 2 onions chopped
- garlic to taste, 2-3 cloves
- olive oil
- water, chicken stock, veg. stock
- 3 sticks of astragalus
or 1/2 cup sliced fresh root
- 2 ounces licii
- 1 ounce ginseng (any)
- 1 fresh or 2 ounces dried lion root
- 1 fresh or 4 ounces burdock root
- grated ginger root about 1 tablesp.
- 8 shiitake mushrooms
- 1/2 cup seaweed (dried) if desired
- miso to taste

Saute onions and garlic in olive oil, add water And bring to boil. Add herbs And mushrooms, And seaweed, turn down the heat And simmer for several hours. When roots are tender, turn off heat. If most of the herbs are green, then add more And enjoy. If the herbs were dried, strain the plant material, leaving the broth because the roots might be too tough to chew, then add your miso And be Nourished. Blessed be. ~~~~~

Burdock and Rice (continued)

SOAK ROOT FOR TWENTY MINUTES IN WATER AND A LITTLE VINEGAR.

THIS SPEEDS COOKING, PREVENTS DISCOLORATION, AND HELPS IT RETAIN CRISPNESS.

THEN CONTINUE RECIPE. BOIL WATER IN TIGHTLY COVERED PAN. ADD RICE, SALT AND BURDOCK. REDUCE HEAT. COOK

WITHOUT DISTURBING FOR 40-45 MINS.

THEN ENJOY THIS EXCEPTIONAL HEALING DISH — ADD OTHER SPICES IF YOU SO DESIRE.

Dandelion Salad!

4 cup dandelion greens

4 cup lettuce

1 hard boiled egg

handfull dandelion flowers,
Red clover blossoms and
Some pansy flowers

dressing:

1/4 cup olive oil

1 tablespoon tamarind or apple

cider vinegar

2 tsp lemon juice

pinch of sesame seeds

Wash after picking;
tear into bite

Size pieces; chop
up egg; toss in
flowers

Serve with
dressing —

THIS IS A WONDERFUL
WAY TO ENJOY THE
ABUNDANCE OF
DANDELION

xx CONTENT xx

● SIMPLE YOGA

● WALKING THE SPIRAL PATH:
THE THREE TRADITIONS OF HEALING

● SKIN CARE

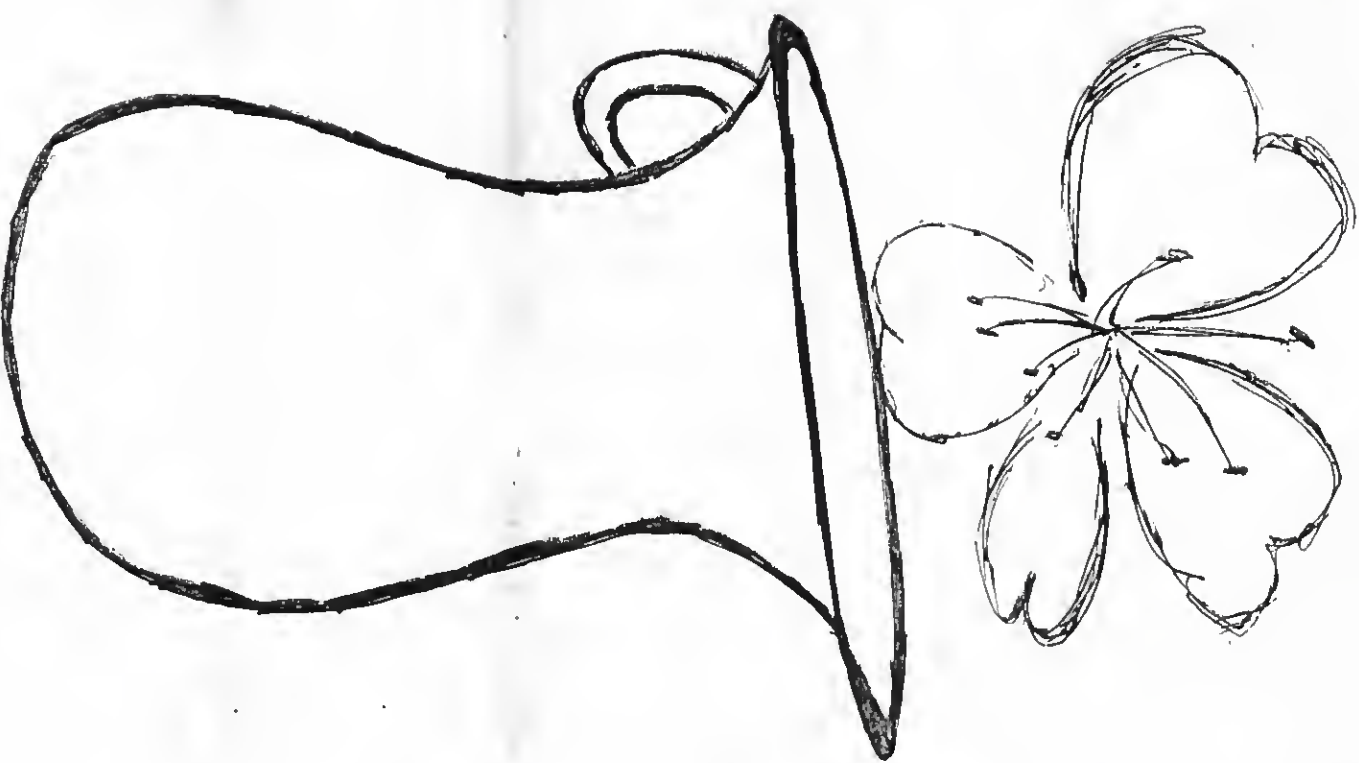
● RECIPES

About This Issue:



THIS ISSUE OF BURDOCK • IS FOCUSED ON THE HEALTH OF OUR SKIN AND THE THREE TRADITIONS OF HEALING: WISE WOMAN, HERBIC, AND SCIENTIFIC. IT HAS TAKEN ME OVER 2 MONTHS TO GET THIS ALL TOGETHER AND FOR ME TO FIND TIME TO CREATE AND WRITE THIS ISSUE. I AM LEARNING SO MUCH AT SCHOOL AND STAYING VERY BUSY. I HOPE ALL WHO READS THIS FINDS IT EXCITING!





RECIPES



* Simple Herbal Salve *

Infuse lavender, calendula, yarrow, and chamomile in olive oil, using either freshly picked on a sunny day or dried material—plant material must be completely free from moisture to prevent oil spoilage. Infuse for 6 weeks in tightly sealed jar. Then drain off material.

Next, gently heat infused oil, adding small chunks of beeswax. Test thickness by pouring a drop, letting cool, then add more wax if you want it thicker. Let the wax completely melt, do not boil or over heat. Pour into containers. Add essential oil if you wish, let cool, then enjoy on your beautiful skin.

Simple Rice And Burdock Dish

- 1 burdock root
- 4 cups water
- 2 cups brown rice
- pinch salt
- clean root
- cut into pieces
- and soak.

(over →)

As our energy field spins around and through our bodies, we also have "energy centers" called chakras that correlate with the functions of the surrounding physical organs. Our third chakra is located in the area of our solar plexus. This chakra correlates with our liver and is considered our personal power center, a place where we store emotions (energy). Concerning our self confidence, self image, personal will and strength. Taking this into account on my journey to healthy skin I've begun using affirmations that confirm my self confidence, my place in the world and that I heal and transform my sense of self. This chakra also correlates with the color yellow - the sun, fire, solar energy, power, life force, dandelions, bliss, uterine crystals, yellow dock, gold, endurance, laughter....

*** HONOR ONESELF ***

OTHER TIPS FOR SKIN CARE:

- + SAUNAS! whenever you can + olive oil used instead of lotion
- + witch hazel (astringent cleanser) + green clay used as a mask
- + lots of water!!!
- + avoid alcohol, sugar, refined foods, and cigarette smoke...
- + love yourself immensely + eat lots of seaweed

*** SIMPLE YOGA TO TONE, STRETCH, AND STRENGTHEN OUR ENDOCRINE/ADRENAL SYSTEM AND LIVER ***

JUST AS IN EVERYTHING WE DO IN OUR LIVES, WE MUST HONOR AND LISTEN TO OUR BODIES AND INTUITION WHILE DOING YOGA. HERE IS A GENTLE SERIES TO GET THINGS FLOWING IN OUR BODIES.

THIS SERIES GOES ALONG WITH THE SECTION ON SKIN CARE LATER IN THIS ISSUE. POSE #1 IS A WONDERFUL WAY TO OPEN UP OUR ABDOMEN. IF IT IS TOO STRENUOUS ON YOUR KNEES ONLY HOLD ONE AT A TIME THEN SWITCH.

POSE #2, DON'T ATTEMPT TO HOLD YOUR LEGS INTO *LOTUS* IF THERE IS ANY PAIN, SIMPLE CROSSED LEGS WOULD DO. MAKE SURE YOUR BACK IS WELL SUPPORTED IN POSES 1, 2, 3. USE BLANKETS AND PILLOWS. HOLD FOR AS LONG AS IT IS COMFORTABLE.



SUPTA VIRASANA



MATSYASANA
OR DO HALF PADMASANA
OR SIMPLE CROSSED LEGS



SUPTA BADDHA
KONASANA



JANU SIRSASANA



ARDDHA BADDHA PADMA
PASCHIMOTTASANA



TRIANG MUKHAIKAPADA
PASCHIMOTTASANA

* In your home, if you do NOT have the props shown use blankets, pillows, towels, stacked books—be safe and creative.

IN POSES #7, 8 MAKE SURE YOU FEEL WELL SUPPORTED. add another layer if needed.

These poses should feel comfortable and pleasurable. Poses 9, 10 should be done with caution and awareness. Do NOT do any pose that causes pain or over stretching. These two poses are especially beneficial to your endocrine system.

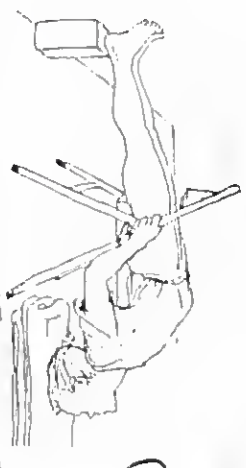
POSE #11 is simple and should be done at the end of your practice. hold for at least 5 minutes, follow the rhythm of your breath. Relax your entire body. Let go and see your body, feel your body as whole, holy, perfect, shining, beautiful and supple. Namaste *



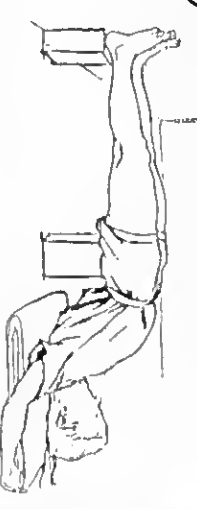
UPAVISTHA KONA SANA



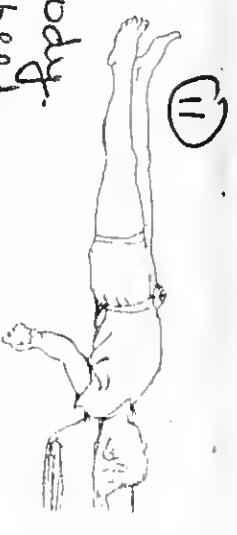
PASCHIMOTTA NASSANA



VIPARITA DANDASANA



SETU BANDHA SARVANGASANA



SAVASANA

*

health of my skin more than anything.

GOING DEEPER: you see, our bodies ARE pure energy. We contain and are surrounded by an electro-magnetic energy field that contains information.

We are constantly communicating with the world around us through this energy system and are affected deeply by the language and images (POWER) we are surrounded with, either nurturing or destructive.

Practitioners of energy medicine believe that the human energy field contains and reflects each individual's energy. It surrounds us and carries within it the emotional energy created by our internal and external experiences—both positive and negative.

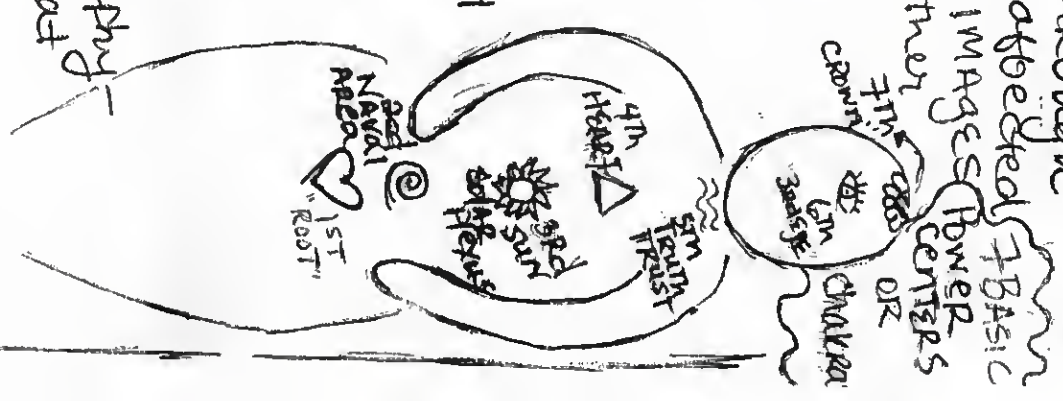
This emotional force influences our physical tissue within our bodies.

In two ways your biography—that is, the experiences that make up your life—

becomes your biology.

(Caroline Myss, Anatomy of the Spirit, Pg 34)

We are sensitive creatures. → INSIDE → IN



Having "bad skin". In truth my skin is healthy and beautiful, yet I have been led (by myself, family, media, etc) the language that I have "bad skin" and therefore unattractive, unworthy, and unacceptable. Making the connection between this abusive language and the health of my skin has been life changing. I had to realize that my body will manifest exactly what I ask for, even if it is destructive or incredibly beautiful.

With this understanding I have begun to transform my self-talk and use what some call, affirmations. Several times a day. As often as I desire I tell myself that my skin is beautiful, healthy, supple, vibrant, and resilient. I tell myself that my liver is healthy, functioning, supple, and vibrant. Now, I use these types of affirmations whenever I am ill or feeling stressed.

* I know that this adjustment in my relationship with my body has improved the

Walking The Spiral Path

Being taught to ignore, silence and even fear my personal power and abilities has left me feeling lost and deeply injured. It is something of struggle to reclaim and keep alive my inner light, my passions, my instincts and intuition. The act of actually seeking memories, uncovering hidden wisdom and insight, giving voice to my self, and honoring my inner wild wise woman is one of challenge and courage. To do this: to

want out, to sort through, to question, and carve out a place for my self to thrive in a culture focused on dominance, materialism, and ignorance is the deepest expression of love for myself, community, and global village.

Remembering the ways of our ancestors carries me back home, restores my visions, and empowers me to awaken to my power. Guided by the light of my intuition I walk the spiral path. The path of integrity, of inclusion, of nourishment. The path of the

(continued over)

□ wise woman. Giving pulse to my curiosity, my dreams, my art. Embracing all, embracing all possibilities, cherishing the nourishment of ourselves is the way of the wise woman. The wise woman way asks us to trust in ourselves and asks us to honor the deep uniqueness of all life.

Inspired by the work of Susan Weed, I wish to tell you of the three traditions of healing that go beyond

The split between modern western medicine and alternatives. The wise

woman tradition focuses on nourishment, interconnectedness, and integration.

mis-tradition is a new and ancient healing way that is forever changing and dancing the spiral path. "Trust yourself."

The Heroic Tradition is usually the way of alternative health care practitioners.

The way of the hero, the savior, the way of purging, cleansing, detoxifying. The heroic tradition is one of punishing and punishment. "Trust me."

The Scientific Tradition is a linear path. one of measurement, testing, and prediction. Those of us trained in the scientific tradition walk the straight path of the knife, to analysis and repeatable methods. "Trust my machine."

USA Thung or two?

© Taken as structure, drank as a tea or infusion, eaten as a nourishing delight,

© Ms. Dandelion will help strengthen your entire body especially your liver, endocrine glands, stomach, and kidneys.

© Yellow bright, shining through the passage to my solar plexus. Moving and stirring, you heal me great

© Opening ourselves to the endlessness of possibilities unlatches the gates to the domains of life and to the realization of divine union with our allies.

* WHOLE SELF IMAGE AND ENERGY *
* HEALING *

As I have gathered the facts about skin health, liver function, hormones, herbal allies, etc I've also had to come to a point of recognizing and transcending my "self-talk". I've had to

Recognize that for years now I've been feeding myself language of abuse. It became a habit for me to be constantly focused on (over) →

tonic And Aids In The functions
of our Livers.

With Problems Such As Acne, hives,
fungal infections, Rashes, etc.

EAT AT LEAST 1/2 cup of fresh cooked *cook

nettle daily or drink up to

2 cups of infusion daily of dried

leaves. BE PATIENT WITH RESULTS,

As with All Remedies give at

least 3 months space to let your

body adjust and heal.

Also try nettle tincture 5-25 drops

in water per day.

NETTLE IS AN AMAZING PLANT.

FULL OF LIFE AND JUICY, LUCIOUS

guts.

• Dandelion • Taraxacum OFFICINALE

Dandy will give life to your

LIVER! Moving and blowing, Nourishing

and toning Dandelion is everywhere!!

Come Spring and Summer her bright

golden yellow will cover the

landscape. All parts of this

beauty are medicinal.

Powerful and safe.

Is not her persistence to grow

A sign that perhaps we need

her? That perhaps she can offer

us what we need.

In her book, Healing Wise, Susan Weed
goes on to tell us that the Three Traditions

are ways of thinking, not ways of acting.

Any practice, any technique, any

substance can be used by a practitioner

helper in any of the three traditions.

...THE PRACTITIONER AND THE PRACTICE ARE

different. For instance, the same herb

is used differently by people thinking

in scientific, heroic, or wise woman.

The ideal parts of the plant for those

thinking in scientific thought are

the alkaloids and active ingredients.

Those thinking in the heroic way;

medicinal ones, strong ones, ones

that clean up your act. And for those

thinking as the wise woman choose

plants that are nourishing and

rich in chlorophyll, vitamins, and

minerals.

Being able to utilize this language

and understanding of the three

traditions has helped me to recognize

my choices and to realize that

we all contain a little of each tradition.

I am hearing that these ways of

over →

Thinking go beyond the arena of health care and healing. They are intricately woven into our political systems, religions, psychologies, teaching styles, etc.

In my life, I have turned to each tradition when I've needed to.

I turned to the scientific when I needed surgery. I've ran to the nearest hero to be "saved". And

I've called upon myself for nourishment, council, and strength.

As the ways of the wise woman begin to unfold and re-emerge from the depths I am reminded that

it is from the wise woman we have come and it is to her we are returning.

More and more as each tradition interweaves the threads the wise women have woven we open the way

to an integrative, interconnected understanding of all life, way into the cosmos.

In the heroic tradition we are asked to follow rules, strictly obeying each step to purification and discipline. We are seen as duty,

Licorice Root

Glycyrrhiza glabra

Yum... Sweet, Sweet licorice. Traditionally used as a endocrine gland tonic, licorice helps balance hormone production

and glandular imbalances.

Often included in women's formulas, she is a sweet lover.

Both a tonic and a detoxifier, licorice is an excellent herb for our liver. ²³

You can chew licorice root

directly or make a tea or even take in tincture form.

NOT recommended for people suffering from hypertension or high blood pressure.

NETTLE LEAF

Urtica dioica

Yum!

After drinking a cup of nettle infusion I feel alive! I feel vibrant and

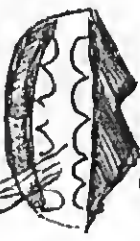
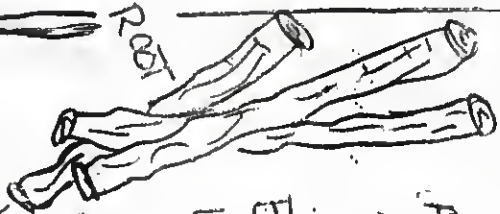
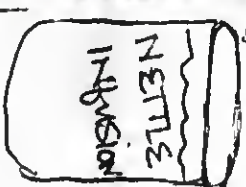
healing. Nettle is an excellent blood nourisher and an all around

tonic for the entire body. Nettle can be used over a long period of

time and is rich in vitamins and minerals, especially iron and calcium.

Sister nettle is what I consider to be food medicine.

She is an excellent endocrine-gland



Changes, Herbal Remedies have improved the health of my liver and therefore the health of my skin. Here I will list the herbs I've used with some consistency.

* Different Remedies for different

people

Burdock:

Arctium lappa

Ahh... sit for a moment. Listen. Get to the Root of the cause.

Ms. Lady Burdock has helped me go deeper, look within, and

Release old garbage. She is an excellent tonic for our liver,

which is said to house our bodies' memories and deepest emotions. Burdock stirs

things up. She is high in vitamins and minerals as well, thus

strengthening and nourishing our entire bodies.

With consistent use, Burdock will help clear persistent

ache. Take 1-2 droppers full of Burdock Tincture a day

in water for 3 months or indefinitely. And/or add

fresh root to soups or rice;

dried root infusion 1/2-2 cups a day. Get to know her,

Root

Seed

Leaf

Stem

Flower

Root

Seed

Leaf

Stem

Flower

Root

Seed

Leaf

Stem

Flower

Root

Seed

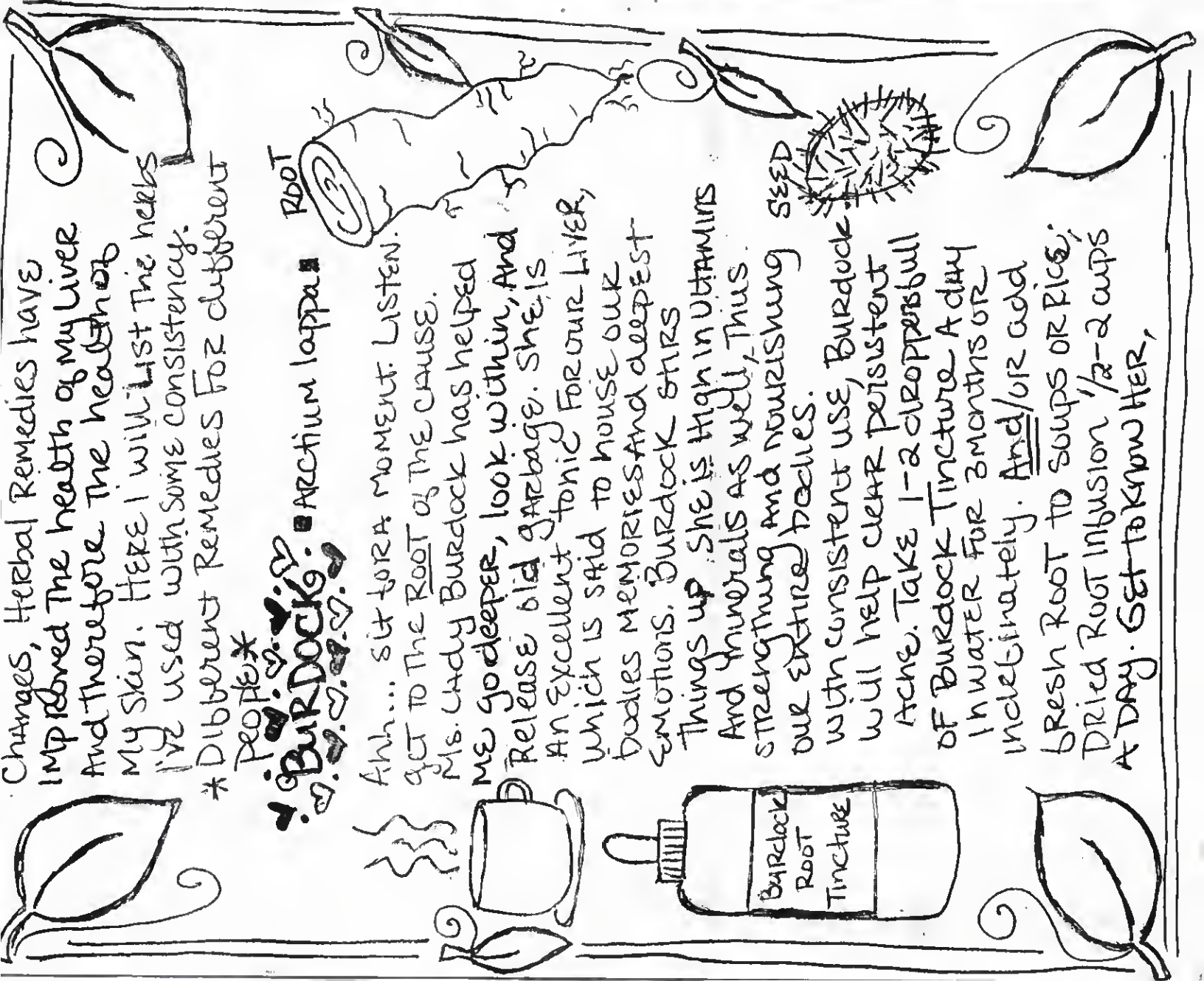
Leaf

Stem

Flower

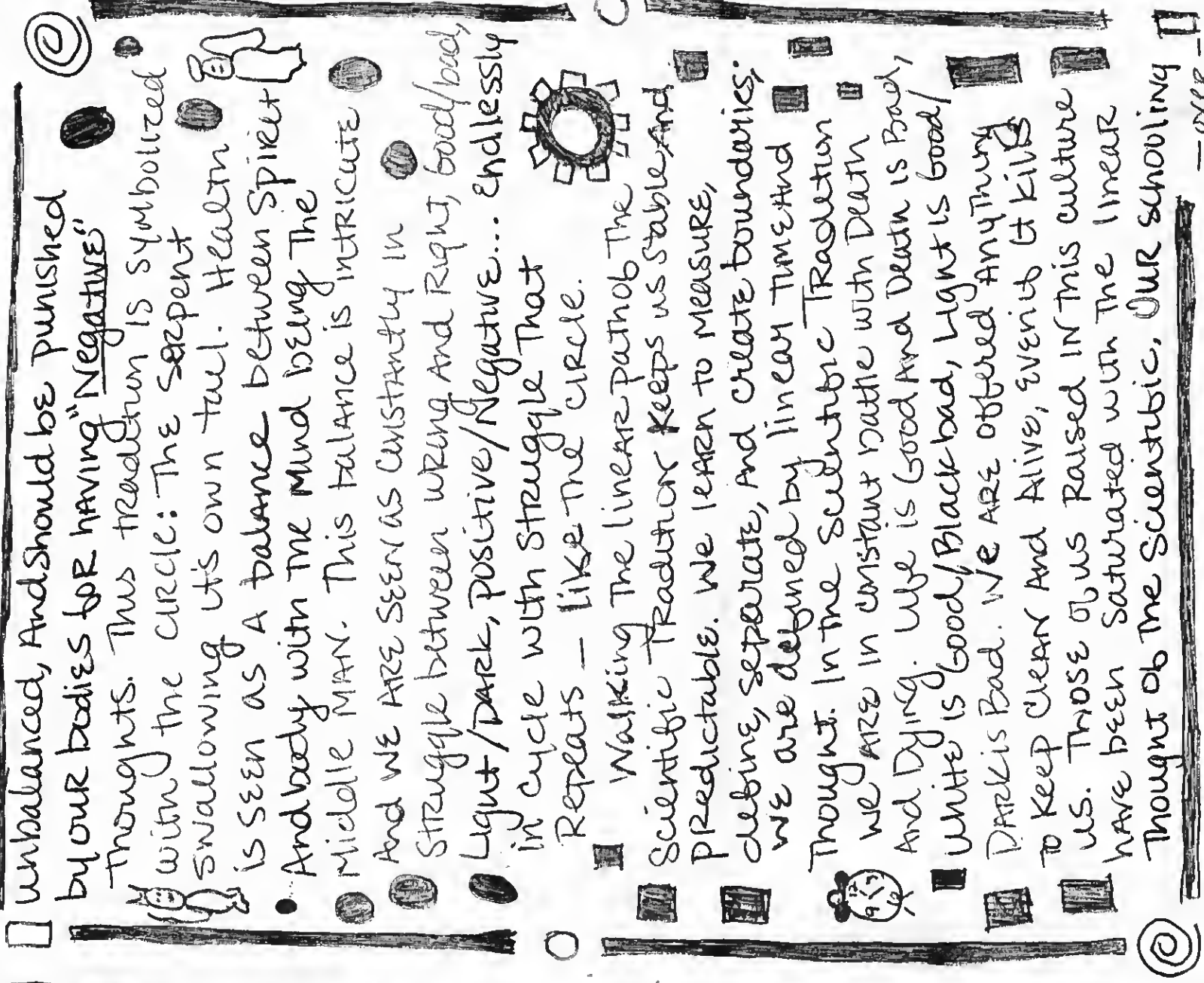
Root

Seed



unbalanced, and should be punished by our bodies for having "negative" thoughts. This tradition is symbolized with the circle: the serpent swallowing its own tail. Health is seen as a balance between spirit and body with the mind being the middle man. This balance is intricate and we are seen as constantly in struggle between wrong and right, good/bad, light/dark, positive/negative... endlessly in cycle with struggle that repeats - like the circle.

Walking the linear path of the scientific tradition keeps us stable and predictable. We learn to measure, define, separate, and create boundaries; we are defined by linear time and thought. In the scientific tradition we are in constant battle with death and dying. Life is good and death is bad; white is good/black bad, light is good/dark is bad. We are offered anything to keep clean and alive, even if it kills us. Those of us raised in this culture have been saturated with the linear thought of the scientific. Our schooling



Systems, our health "care" & our political system have been based on what is measurable, preventable and what is suitable for upper class, young white men.

As I listen I hear her calling, I begin to sing her song, my feet begin to dance and I know I am walking the spiral path of the wise woman. In a language so ancient, so new she rises and re-emerges from the depths calling us to our memories.

"Remember the Beauty Way, the loving way, the way of nourishment and integration. Remember the Beauty and tenderness of Death. Remember the scent of blood and life between your thighs. Remember the songs we sing for each season, each journey, each rain cloud and tear. Remember the loving relationship of the Divine Feminine and masculine. Remember when there was no separation. Remember your Truth, dear ones. Remember your unique blessedness and wild partnership with all life. Know that as you walk you are spinning. And returning to the Spiral Dance."

Any imbalance they are all affected. Put together with poor eating habits, intense hormonal fluctuations can be taxing on an already stressed body. I say

"Already stressed body" because the majority of us aren't eating whole nourishing foods or drinking water that isn't ridden with chemicals harmful to our bodies or being taught to fully accept ourselves and live our lives from a place of love, nature, and dignity.

Adult acne can also be a result of hormonal imbalances or liver disturbances; as well as bacterial or fungal infection in the dermis layer of the skin. The nourishment and strengthening of our liver and endocrine system is imperative to the vibrancy of our skin and our entire body.

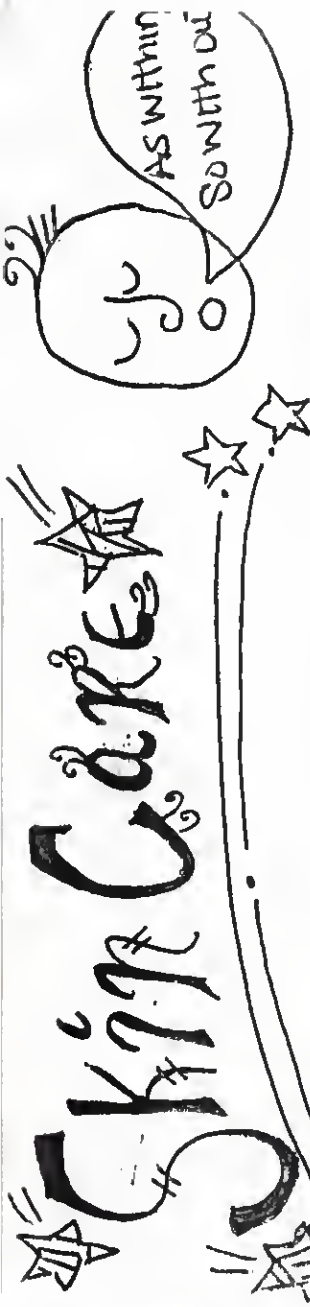
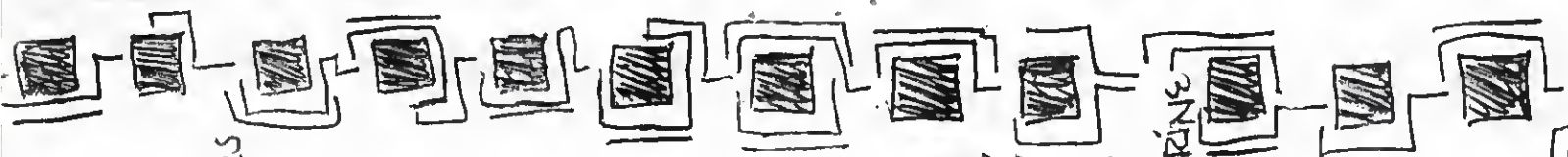
* AS WITHIN, SO WITHOUT *

OUR HERBAL ALLIES

As I began to seek nourishment for my liver and endocrine system I discovered my herbal friends to be quite important in this process. Along with making supportive dietary

Our bodies of them. However, if these systems are not functioning well, these substances circulate and stagnate in our bodies longer causing many imbalances such as acne, allergies, low energy, painful irregular menstruation, heavy menstrual bleeding, and overall poor health. When waste products aren't easily released (via urine or feces) they are sent to the skin. In result: rashes, hives and/or acne.

Young men and women are especially prone to acne or other skin related issues. Puberty is the time for our bodies to balance the production of certain sex hormones. In this time stage we experience intense fluctuations in hormone levels which can cause a range of reactions including acne. Our liver, which provides the precursors and building blocks needed for the production of hormones, and our endocrine system are responsible for the balancing of these fluctuations. The endocrine system is a collection of glands located in prime areas throughout the body that secrete minute but powerful hormones. Each gland works together and to there is



Skin Care

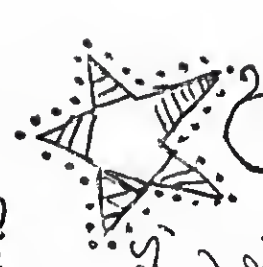
On my own journey to improving the health of my skin I have found that the health of my liver and endocrine system, influenced by dietary choices, is the foundation for understanding all types of skin issues, including acne.

In this section I want to share my understandings of: Nutrition, The Functions of Our Liver, Whole Self Image, Herbal Allies, and Energy healing associated to the vibrancy of our largest organ, the skin.

*** WE ARE BEAUTIFUL BEINGS; CREATIVE AND ABLE ***

OUR LIVER AND OUR DIETARY CHOICES

Surely we've all heard the term "you are what you eat" and perhaps a few of us have written it off as some new age mumbo jumbo. Well, the truth is what we put into our bodies profoundly influences who we are and health of our overall well being. Not only does the food we eat affect who we are



It Shapes our very Existence.
 At the beginning of my journey to
 improving the health of my skin,
 I looked towards popular products
 such as 'Noxema' and considered
 taking medications to "cure" acne.
 The profitting corporations so concerned
 with the "curing" of acne fail to
 mention nourishment, nutrition, and whole
 self image. The link between poor
 nutritional habits supported by this
 culture and our overall well being
 is rarely made. Being able to make
 the connection between dietary choices
 and the vitality of my skin has
 changed my life.

Over the last couple years, within
 my desire to know and love my body,
 I began to take note of different
 responses I'd have after eating
 certain foods. Sugary, greasy foods
 make my skin feel itchy and
 irritated; Alcohol makes my skin
 feel tired; And lucious, whole
 foods make me feel beautiful and
 vibrant. After eating "foods" that are
 highly refined and loaded with
 sugar, hydrogenated oils, preservatives,
 etc. pimples or itchy hives appear
 on my skin (usually my face).

I have come to understand that these reactions I
 have to do with the functions of my
LIVER, primarily.

Our liver is considered to be
 the seat of our metabolic processes.
 Everything we eat, drink or ingest
 is processed by our liver.
 This function helps rid our bodies
 of metabolic waste products and
 harmful substances and to assimilate
 and distribute vitamins and minerals
 to the rest of our body. Healthy
 hormonal activity is also highly
 dependent on the liver. Our liver
 is said to perform over 500 different
 functions! Derived from the Anglo-Saxon
 word "TO LIVE", our livers are
 responsible for the flow of energy
 and life force in our bodies.

With the increased consumption
 of highly processed "foods", sugar, caffeine,
 white flour, pesticides and the
 increase of environmental poisons
 in our daily lives we see an increase
 of the many epidemic diseases ranging
 from acne to cancer that plague
 our industrialized culture. When
 these substances are ingested our
 liver, kidneys, skin and lymphatic
 system are responsible for ridding →

